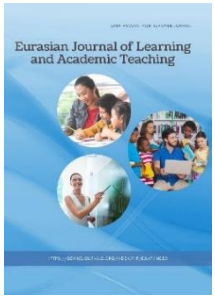

Assessment of the level of physical fitness and development of college students

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ABSTRACT

Nowadays, the improvement of physical education in the direction of health improvement in secondary special educational institutions depends on all-round objective and timely control and corrective measures.

Keywords: Indicators of physical training, training methods, physical development, maximum flexibility, optimal loads, standing long jump.

To date, the content, methods and means of comprehensive control of rapid movements and corrections of the calculated health composition have not yet been sufficiently substantiated.

Starting to conduct research, we came to the conclusion that there are differences in I-III students.

Thus, the main goal of the research was to justify the effectiveness of evaluating the level of physical training and physical development of the I-III year students from an objective quantitative and qualitative point of view.

This will help to find the presence of differences in students of the I-III year. Students of the II year can perform the target test in the grenade throw (II stage 18-34 years old), and the indicators for the 100 m run are lower than the III indicators.

According to the tests of the State Education Standard of the Republic of Uzbekistan intended for secondary special educational institutions, students of Fergana Pedagogical College I-III courses are able to get an average of 6-8 points in the 100m run, 5-7 points in the long jump, and 9 points in the grenade throw (1 -table).

It should be noted that the shortcoming of the physical fitness assessment method is the application of the control criteria only at the end of the semester, which has a negative effect on the quick, current control, and also the indicators of physical development that reflect the actual result of physical exercise are not evaluated. Such an educational process makes the participants not interested in the exercises, and what is more worrying is that the teacher or the students do not analyze the physical training.

Table 1

Indicators of physical development of I-III year college students

No	Indicator types	1st course			2nd course _			3rd course _		
1	Body weight (kg)	58	2.3	4	59	1.3	2	59	0.9	2

2	Chest circumference	78	8.4	10.8	8.6	4.1	4.7	85	4.2	4.9
3	Vital capacity of the lungs (ml)	3755	303	8	3970	186	5	3940	118	3
4	Right palm strength (kg)	62	13.9	22	71	9.0	13	70	4.6	7
5	Left palm strength (kg)	42	13.2	32	53	6.6	12	50	7.6	15
6	Body strength	77	20.1	26	93	14.6	16	92	12.9	14

It is concluded from the above that it is necessary to develop pedagogical monitoring for the academic years, taking into account the indicators of physical development and physical fitness of students in colleges.

The following indicators are characterized by maximum variation, right hand strength 22% and left hand 32% in the 1st course, body strength 26%, body strength 16% in the II course, standing long jump 12.8%, right and left hand strength 15 in the III course % is 14%. By the third year, the variability decreases, which in turn indicates the uniformity of the results, the decrease of individual differences in the test data (Table 2).

Table 2
Indicators of physical fitness of I-III year college students

No	Indicator types	1st course			2nd course			3rd course		
1	Run 100m (sec)	14.8	1.1	7.2	14.3	0.9	6.4	14.3	1.1	7.9
2	Running and long jump (cm)	361	35.9	9.9	381	33.9	8.9	407	26.5	6.5
3	Throwing a grenade	37	3.6	9.8	38	3.5	3.2	40	3.4	8.6
4	Standing long jump (cm) 181	18.2	10.0	187	23.9	12.8	220	23.2	10.6	
5	Cross country, 1000m (min, sec) 14.6	14.6	0.9	6.2	14.4	0.8	6.0	12.7	1.0	7.8
6	4x 10m sprint (sec)	9.5	0.6	6.1	9.6	0.7	7.5	9.2	0.7	7.7
7	0 angle while hanging (sec)	9	1.8	18.8	12	1.6	13.2	13	1.3	14.6

8	Bending the arms while lying down (times)	34	4.6	13.5	34	4.7	15.3	40	4.3	10.8

Body strength, lung capacity, weight and chest circumference take the leading position according to the scale of influence (R) among first-year students. In second-year students, the strength of the palm of the hand, in particular, the strength of the left hand and the body, indicators of the vital capacity of the lungs increased.

In third-year students, the scale of influence on body weight data increases, which helps to draw conclusions about individual differences in the influence of the level of physical fitness depending on the educational course. Therefore, it is considered necessary to monitor the means of recording the physical development of students.

At the same time, one of the conditions of insufficient physical training and physical development in I-III years is that the growing body of a teenager requires a large energy supply. College students have lower levels of hemoglobin in their blood and muscle myoglobin than adults, as well as a lower oxygen capacity.

By the authors of the study, the opportunity for muscle activity is studied, it is found that it is less in young people than in adults (less, therefore, the oxygen capacity is less).

Based on the research conducted in this way, it can be said that in adolescents of this age, there is a discrepancy between movement and functional capabilities, and this proves the evidence of a halt in the development of physical development and physical training in most of these young people. It should also be taken into account that individual differences in the process of physical education should be taken into account in the data obtained on the basis of monitoring and physical development.

Students of the 1st and 2nd year had good results in 100 метрrunning distance, throwing a grenade and keeping a 90 0 hanging angle on the horizontal bar, but they showed poor results in running and long jump.

It should be noted that grade standards have been developed for third-year college students. It is recommended to accept the requirements of the program only at the end of the academic semesters. Establishing control in this way eliminates the opportunity for students to control the process of physical education. The indicators of physical development of students are not given in the program. In conclusion, the results of the analysis show that physical education is aimed at improving physical development as an indicator of student's health. It is necessary to form and define a system of physical education monitoring tools for I-III year students of colleges.

In order to determine the optimal loads, increase the desire to do physical exercises, choose the most reasonable exercises and make effective adjustments to the training plan in time, the indicators of physical development and physical fitness of the students of the I-III courses, the correct organization of the educational process and the dynamics of physical development data are regularly monitored. necessary. Indicators of physical development and physical training can be used to reflect on the correct organization and planning of the educational process. In this case, the control exercises that represent the level of development of individual (qualitative) movement qualities of students will greatly help both the teacher and the student. In addition, control exercises and physical development data should also be taken into account, as there are significant individual differences at this age. Monitoring of the educational process will be developed in order to increase the effectiveness of the educational process of students of I-III years of colleges in physical education. Initially, it included rapid and current control of physical development and physical fitness.

Research conducted on 20 17-year-old 1st-year students showed that their height was average 124,15 см, their weight was (Table 1 32,0 кг), and their physical fitness was rather poorly developed. It was observed that the physical fitness of the boys of the same age is much higher than that of the students who participated in our study according to the indicators of the Alpomish test . For example, the result of running according to " Alpomish 30 м" test parameters b is 62-5.5 s, while the long jump from a place is equal to 125 cm, in our subjects it was 7.6 s, respectively (Table 3) 120,9 см.

- ups on the tourniquet were all on average 3.7 times, while bending the arms in the supine position was equal to 4.8 times .

is worth noting that height and weight of students are not related to other indicators of physical fitness . For example , the 30 мtest result of F. Umidov's running time 142 смis 6.8 s, long jump - 124 см, pull-ups - 4 times, arm curl -writing 5 times, ball throwing - 15 м. In N.Yarashev, the length of the 128 смleg , running - 6.2 s, long jump 129 см, pull-up on the horizontal bar 4 times, bending -writing 7 times, throwing the ball was 17 times.

show the inconsistency of indicators of physical fitness at this age and confirm that they are not engaged in physical training in the same way.

Table 3
Physical fitness of college students children)

t/r	Examinees name	B thought _	Weight	30 м to run	To the length jump	On the turnstile attraction	Base in case lying down the dead _folding-writing	The ball to throw
1.	Usmanov Z.	120	32	7.2	102	2	6	15
2.	Jalolov Sh.	125	30	7.0	107	4	4	12
3.	T o' laboev Kh.	122	33	6.8	110	5	5	16
4.	Ganiev H.	130	36	6.4	108	3	7	14
5.	Askarov M.	132	30	6.7	120	1	4	13
6.	Islamov A.	128	37	7.4	114	2	4	12
7.	Karimov U.	125	34	7.6	112	5	5	10
8.	Abdullaev J.	127	28	7.0	130	6	8	16
9.	Alimov Yu.	132	30	9.5	125	4	3	18
10.	Y'oldoshev K. _ _	124	24	6.6	132	2	2	14
11.	Asliddinov U.	135	28	6.8	128	6	4	12

12.	Khamitov G'.	140	22	7.0	134	4	6	9
13.	Musaev H.	128	34	7.4	116	3	4	3
14.	Sheraliev I.	130	30	7.0	110	5	4	12
15.	Umidov G'.	142	36	6.8	124	4	5	15
16.	Yusupov S.	128	38	6.4	130	2	3	11
17.	Akramov J.	120	36	8.0	128	6	2	12
18.	Umarov I.	131	34	7.8	126	4	7	14
19.	Daminov A.	127	32	7.6	133	3	6	15
20.	Yarashev N.	128	36	6.2	129	4	7	17
	Ū average : $\overline{X}$	**124.15**	**32.0**	**7.6**	**120.9**	**3.7**	**4.8**	**13.5**
	d	**3.42**	**2.64**	**0.9**	**4.71**	**0.8**	**1.02**	**1.12**

Therefore, when organizing physical education classes, it is necessary to control the development of physical training of students and to plan the exercise load accordingly. It is also worth noting that the height and weight of the examined students often do not correspond to each other. The height of some students is 140, 142 cm, and their weight is 22, 36 kg. Or on the contrary, their weight is 36, 38 kg, their height is 120, 128 cm. According to leading experts, for example, if the student's height is 140-142 cm, then his weight should be around 40-42 kg. The above-mentioned research results and comparative data indicate, firstly, that the exercises in physical education classes with primary school students are not differentiated, and secondly, they draw attention to the insufficient volume and intensity of these exercise loads. It should be noted that the approved planning documents for physical education classes and extracurricular sports activities should be restructured every year according to the age, physical and functional training of students, and then implemented.

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